

What can I do to relieve the stress associated with raising my children?

Parents often feel irritable, short-tempered, overwhelmed, and depressed when they don't take care for themselves. This typically leads to poor interactions with their children. When parents feel this onset, it's recommended that they, similarly to their children, take a time out as a way to remove themselves from a stressful situation to think, calm down, and relax. Parents' actions after this brief relief will ultimately be better than what could happen in the heat of the moment.

Parents are recommended to review their daily schedule and look objectively at which hours of the day their children need them the most. In the downtime, parents should budget some time for themselves; which can include reading, taking a walk, or calling a friend. Parents also need to be realistic in their planning and what they can accomplish. Sometimes just slowing down will leave them more capable of taking on the day. Parents are encouraged to alter their sleep schedule. How delighted would your children be if you actually went to bed at the same time? In the event that these tips fall short, support is the answer. It's recommended that parents look to their spouse, partner, family members, and friends for babysitting help as well as a sounding board. Sometimes a little venting will go a long way. Ultimately, when parents make time for themselves, they will be able to take better care of their children.